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AFMC Fit to Fight

Physical Training Guide

In today's high risk and high deployment Air Force, physical fitness is more important than ever. This guide gives helpful guidance to unit PT leaders and individuals engaging in physical training. It gives exercise examples for all aspects of physical fitness: flexibility, strength, and aerobic conditioning. The guide incorporates the use of resistance bands with traditional PT exercises to give a full body workout. Unlike traditional weight training, resistance bands provide an increased level of resistance throughout the exercise, becoming more difficult as you complete your movements. Additionally, unlike weight training, with the suggested exercises and use of resistance bands unit PT leaders can very effectively conduct circuit PT training for large groups. However, the exercises can be used with any size group and can also be a helpful exercise guide for individuals.

The guide provides examples of exercises for both large and small muscle groups. It is not necessary to do every exercise every day. When using the guide, you can select two to three exercises per muscle group for a total body workout or if you are working selected muscles and want to push harder, you can do every exercise in a particular section. Application of the guide will depend upon your current fitness level and the level you wish to achieve.

AFMC is leading the way in obtaining and creating programs to promote a fitness culture throughout the Air Force. We encourage you to use this PT guide as part of your core unit PT training program to help our Air Force be Fit to Fight!

CHEST EXERCISES

Doing just one set of each of the push-ups described will provide an excellent chest workout and will also work your shoulders, triceps, lower back and abdominals (low back and abs must stabilize your hips in order to prevent lower back pain).



Standard Push-ups

Start with hands in a position wider than your shoulders. Vary the hand width to vary the stress on chest muscles. Keep your head and neck in a neutral position with your buttocks lower than shoulder height. Feet should be no more than 12 inches apart. Lower until upper arms are perpendicular to the floor, pause, and return to starting position. Lower the body two or more times slower than you push up. The slower you go the more sustained tension you keep on the muscle. To further add to the difficulty, use a resistance tube around your back as shown in the picture.



Incline Push-ups

Start with your feet no more than 12 inches apart. Place your hands on any object that will give you at least 10 degrees incline. If you are TDY/traveling, and in a hotel, put your hands on the bed, or put books under each hand. Use the movement principles described above. Going slow will work the "eccentric" side of the muscle. We are naturally stronger lowering a weight than raising it.



Decline Push-ups

Place your feet on a stable object at least 12 inches above the floor. Changing heights is great! If you are traveling and in a hotel, put your feet on the bed or desk chair (take your shoes off). Your hands will be on the floor in a position a little wider than your shoulders. Go slow, change hand width.



Variable Height Push-ups

Start in a standard push-up position. Place a stable object under the right hand. If you are traveling and in a hotel, the yellow pages would be a very stable base. Follow the push-up principles presented previously. Once you have done a set with your right hand elevated, do a second set with your left-hand elevated.



Staggered Hand Push-ups

Begin the exercise in the standard push-up position. Bring your right hand up 3-5 inches and move your left hand down 3-5 inches. CAUTION: Do not stagger the front hand past the shoulder line. Follow principles presented. Always make sure your head and neck are in a neutral position. Make sure to do a second set with the left hand in the high position.

NOTE: If you suffer from wrist pain, you may want to try doing these push-ups on your fists, thereby keeping your hands, wrists and arms in a straight line.

BACK EXERCISES



Two Hand Pull Down

Standing with your feet at a comfortable width, hold the resistance tubing above your head. Lower your arms out and down, stretching the band as you lower your arms until the band is about ear level. Return slowly to the starting position. Vary the angle that you pull down to stress the muscle differently.



One Hand Pull Down

With the tubing over your head, keeping one arm straight, pull to the side and down with one arm at a time, return slowly to the starting position. Make sure and work both sides.



Two Handed Row

Loop the tubing around a door handle. If necessary, tie it off to prevent it from coming off. Stand up straight, back away from the door to increase difficulty. Keeping your shoulders back, pull tubing to the body, hold for three seconds and return at least twice as slowly as you pulled out. You can do this one handed if you want.



One Arm Row

With the tubing under your front foot, step back with the other foot and pull up. Pause and return slowly. Adjust your grip on the tubing to change tension. Work both sides.

SHOULDER EXERCISES



Front Raisers

With the tubing firmly underneath your feet (we recommend wearing shoes), pull your hands up to just short of shoulder height. Pause and slowly return to starting position. Adjust your grip on the tubing to increase or decrease tension.



Side Raisers

With the tubing firmly underneath your feet, pull your hands up to the side, just short of shoulder height. Pause and return slowly to the starting position.



Rear Deltoid

With the tubing firmly underneath your feet, turn your hands over and pull up in a 45-degree angle from your body. You may not be as strong as with other shoulder exercises. Pause and return slowly to starting position.



Shoulder Press

Start with tubing firmly under your feet and your hands at your sides. Press your hands directly up. Adjust your grip on the bands to provide the difficulty you are looking for.



Rear Deltoid/Trapezius

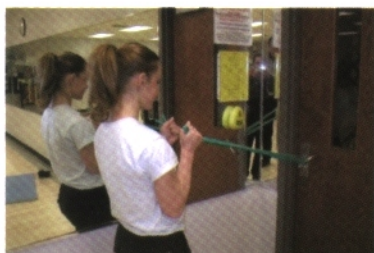
Using the resistance band, put the band around both wrists. Keeping your arms relatively straight, pull out to the side with both hands. Pause and return slowly. Change the angle of this exercise and change how you stress the rear deltoid and trapezius.

BICEPS EXERCISES



**Hammer Grip
Biceps Curl**

With tubing firmly underneath your feet, pull up on the tubing. Pause and return slowly, at least twice as slow as you pull up. You can change the angle that you pull up to change the stress on the muscle. Adjust your grip on the tubing to change resistance.



**Biceps Curls
Using Door Handle**

As a variation to the exercise above, wrap the tubing securely around a door handle. Back up to a distance or choke up on the tubing to obtain the desired resistance. Curl, pause and return slowly to the starting position.

TRICEPS EXERCISES



Triceps Kickbacks

Secure the tubing around a door handle, bend over but ensure you keep your back straight. Keeping your elbow high, push the tubing back, pause and return slowly. Great for shaping back of arms. Make sure and do both arms!



Triceps Push-ups

In the push-up position, touch your thumbs and forefingers, making a diamond shape with your hands. Perform a push-up motion, lowering yourself down very slowly. These are very difficult. If you need to, start from your knees instead of your feet.

LEG EXERCISES



Deep Knee Bends

With your feet at a comfortable distance apart, lower your buttocks slowly until your knees are bent at a 90 degree angle. (**NOTE:** Going below 90 degrees can cause knee strain.) Pause at the bottom of the exercise and return to the starting position. You can vary the width of your feet and also point your feet out 30 degrees. Your heels should stay in contact with the floor.



Lunges

In a standing position, take a step forward with one foot. Lower your body straight down until your back knee almost touches the ground. When you are in the down position, it is important that your front knee does not go past your ankle. This will reduce strain on the knee. Make sure to do both sides/legs.



Calf Raises

With your feet on the floor and a comfortable distance apart, raise up as high as you can and hold, lower just short of the floor and repeat.

MULTI-HIP EXERCISES

USING RESISTANCE BANDS



Side Raises

With the resistance band at ankle height, bring your leg out directly to your side. Pause and return slowly.



Front Raises

With the resistance band at ankle height, bring your leg out directly to the front. Pause and return slowly.



Rear Raises

With the resistance band at ankle height, bring your leg out directly behind you. Pause and return slowly.

ABDOMINAL EXERCISES



Crunches

Lying on the floor, with your knees bent at 90 degrees and your feet flat on the floor, cross your hands across your chest and draw your shoulders off of the floor. Do not come up more than 30 degrees. You should be able to put your fist between your chin and your chest. When doing crunches, place your tongue on the roof of your mouth behind your front teeth to keep from holding your breath.



V-Ups

Lying flat on the floor, raise your back and legs at the same time, so only your buttocks are touching the floor. Pause and return to starting position.



Reverse Crunches

Lying on your back with your legs straight out, lift your head slightly and pull your legs towards your chest. Pause and return slowly to starting position.



Leg Raises

Lying on the floor, lift your head slightly and raise your feet to approximately 14 inches. Hold and return to the starting position. To help support your lower back, you can place your hands in the lumbar area or rise up to your elbows. If this exercise hurts your lower back, DON'T DO IT!



Oblique Exercise

Lay on your side, keeping your hips perpendicular to the floor raise both feet off the floor. Hold and return. If you can raise your feet more than 10-12 inches, your hips are too far open, roll your hips forward.



Center Bridge, start in a push-up position resting on your forearms. Do not let your hips sag. Hold for at least 30 seconds or longer.



Left Bridge, lying on the floor, rise up on your left forearm. Place your right foot in front and raise your hips off the floor. Hold for 30 seconds or longer.



Right Bridge, same as above but on your right forearm and your left foot in front.

Bridges

(A real must for an ab workout)-11-

CARDIO EXERCISES



Jumping Rope

A very high-intensity exercise, which places high impact on the leg musculature. Start out slowly to condition your legs. With a handle in each hand begin jumping, with two feet. As a variation try jumping one foot at a time or alternating. Make sure to land on the balls of the feet to reduce the shock through the body.



Running-In-Place

Running-in-place is an excellent way to warm up and to also elevate your heart rate any time during your exercise routine. When running, vary your speeds, raise your knees high, preferably almost waist height. Land on the ball of the foot. Run-in-place about 3-4 minutes to warm up and 2 minute durations periodically throughout your workout.

BALANCE EXERCISE



This is just a fun exercise to try that will work your legs, nerves, and balance muscles. Start on your right foot. Bring your left foot up behind your right knee. The higher you bring your foot, the harder the exercise. Put your arms out at your side. Close your eyes and balance as long as you can. It is tougher than it looks. Try doing it on the other foot.

CARDIO FITNESS

Strength training by itself is only part of fitness, your heart is a muscle and needs to be worked hard and often.

While you are doing your strength exercises, stop periodically and do one of the following: run in place for approximately three minutes (raise your knees to your waist), jumping jacks, or another exercise that will raise your heart rate. Once your heart rate is raised, go back to your strength training. Using this routine four to five times during your workout would be beneficial to your overall fitness goals.

If you are traveling, and in a hotel, consider taking the stairs to and from the lobby. If you are close to stairs while doing your strength training, after doing a few strength sets, throw in a few flights of stairs. This will work your heart while your other muscles recover.

Never forget about walking, it is a tremendous exercise and does not need any special equipment.

Work your heart as you work the rest of your muscles for better total fitness.